

THE Boston Osteopath.

VOL. 1.

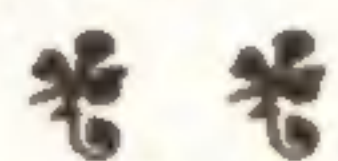
BOSTON, MARCH, 1898.

No. 3

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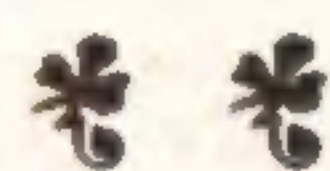


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Massage vs. Osteopathy.

C. E. HENRY, PH. G., M. D., D. O.

One of the chief difficulties an Osteopath has to overcome is to convince the people of the community in which he opens an office that he is not a masseur, and this is made doubly difficult when the family doctor says he is a humbug and that he knows all that, that "fake" knows, and just to prove it invites the patient to the office and shows him one of the many excellent books on massage. It is full of illustrations, and to the patient it looks as though the masseur uses the same manipulations as are employed by the Osteopath. To a certain extent this is true, and he obtains the same results in some cases. Then the question is,—what is the difference, and why is there a separate science? Before answering this, I want to give a brief review of the history of massage.

This science was practiced by the Chinese as long ago as 3000 B. C. An ancient book entitled "The Cong-Ton of the Too-Tse," of which a French translation appeared about a century ago, is the foundation of the modern massage and Swedish movements. Massage has been employed from the most

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ancient times by the Hindoos, and their skill is remarkable. Hippocrates, the renowned Greek physician, appreciated the curative treatment of massage, calling it anatripsis, and in his works speaks highly of friction. Asclepiades, another ancient Greek, abandoned his medicines and relied upon massage exclusively, which he claimed effected a cure by restoring to the nutritive fluids their natural movement.

Galen, the most eminent physician of his time, understood massage and used it freely in his treatments.

Many more of the ancient Greek and Roman physicians used rubbing, spitting, pressure, and nerve stretching in the cure of disease, but it was not until Ling systematized massage and Dr. Mezge, of Amsterdam, and his pupils, (Bergmen and Hilleday), reduced it to a science and applied it in a scientific manner for the cure of disease, that it attracted much attention in the modern medical world. In fact it was used more in ancient times as a curative agent, and at one time was the only method used. For a period it was almost a lost art, and only within the last 150 years has regained its rightful place as a curative agent.

In the beginning of this article the statement is made that there are many points of similarity between massage and Osteopathy, and yet they are as far separated as drugs and massage. A scientific masseur has learned a series of movements to give to the body. They are applied almost automatically, without a thought as to the physiological action of the movements. He starts at the periphery of the body and works toward the centre, moving all the muscles as he goes, and is very liable to do harm as well as good.

The Osteopath not only uses the massage movements, but he uses them in a more scientific way. The masseur may be a perfect artist in

giving his manipulations, but an Osteopath knows what he is doing, and what effect his work will have upon the body.

Osteopathy becomes a true science when its advocates obtain the same physiological action as that attained by the medical doctor with his drugs, the simple pressure or stimulation of a nerve producing the same result. It is not that an Osteopath has superior facilities for obtaining a knowledge of anatomy that he uses his manipulations with such success; it is the knowing how and why and where. He knows just where to press to slow the heart's action, just how to manipulate to increase the flow of bile, and realizes that a dislocated bone or a contracted muscle pressing over a nerve or obstructing a blood vessel may cause a diseased condition in a distant part.

No Osteopath will decry massage when massage is rightly used. With these few points of similarity and difference the reader will no doubt conclude that a masseur cannot become an Osteopath until he has taken a thorough course in that science.



Heart Disease, Lumbago, Incontinence of Urine.

EDITOR OF THE BOSTON OSTEOPATH:—

Of the score of cases cured since I came here, I will mention only three at this time.

CASE I.—A nine year old boy; heart disease, caused by two ribs out of line. Eyelids, face, abdomen, and lower extremities all evidencing dropsical effusion resultant upon obstruction of heart.

The heart action was so labored and irregular that it could be heard in all parts of the operating room. The extremities were so swollen that the skin was almost ready to burst. With all of this unfavorable

train of symptoms, after four manipulations known only to the Osteopath, the heart's action was normal; all edema of face and eyes, distended condition of abdomen, and swelling of lower extremities had been removed by nature, I having acted only as her assistant.

These treatments were given last August, and there has been no return of the trouble. This was a mechanical obstruction; drugs could not have accomplished it.

CASE. II.—Last October, Mr. —, aged fifty-seven, applied for consultation concerning the new science. He had suffered several years from Lumbago, but during the last four years more severely. Could not tie his own shoes, nor could he stoop to pick up anything from the floor or ground. After four treatments he could do these things with ease. After one month's treatment he was ready to "believe that Osteopathy is the thing for Lumbago, whatever else its claims may be." No return of trouble to this date.

CASE III.—A boy had been a great nuisance, not only to himself but to his devoted parents and nurse. This "habit," as it had been styled, had been from early childhood until his eleventh year. Various drugs had been tried. Orificialists had recommended circumcision; the foolish and unscientific method of elevating the foot of the bed had been recommended by those who knew nothing of our science, and all to no purpose, only to facilitate in the wetting of the whole body. A few manipulations served to correct the whole malcondition. All concerned rejoice in the cure effected several months ago.

None can serve nature so well as those understanding anatomy and physiology, in connection with the principles and philosophy of this new science called Osteopathy.

J. W. Dill, M. D., D. O.
Oskaloosa, Iowa, March, 1898.

Locomotor Ataxia and Rheumatism.

DR. C. E. ACHORN.

DEAR DOCTOR:—

Your flattering reception and publication of my hastily prepared statement of three interesting cases in my practice is appreciated. Your request to give my experience in Locomotor Ataxia and Rheumatism by Osteopathic treatment is hereby gratefully acknowledged.

Locomotor Ataxia, or Tabes Dorsalis, is usually first recognized by the patient on account of the defective co-ordination of the muscles of the legs in walking.

Before this objective symptom, there has been, perhaps for a long time, increased flow of blood, congestion and thickening of the coats of the blood vessels in the posterior columns of the spinal cord. This congestion of the blood vessels necessarily tends to an exudation of material growth and thickening of all tissues in the vicinity, which must finally crowd upon the cord and weaken the functions, producing atrophy of the posterior nerves. The Column of Burdock is mostly involved in the dorsal and lumbar aspects, and the Column of Goll in the cervical parts of the cord. Sensation and co-ordination are chiefly disturbed. The first symptoms are shooting pains which reappear at certain intervals, it may be of weeks or months. The inco-ordination comes on later, and may affect both lower and upper extremities. Reflexes are impaired or lost. The sphincters of the bladder may be faulty. Sexual powers are disturbed, constipation is apt to occur; but in the gait and attitude are the most marked symptoms.

There may be anæsthesia of the soles of the feet. The muscles of the eyes are often unsteady,—the optic nerve may be involved. Other symptoms are pronounced accordingly, as other spinal nerves are

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involved by the obstruction to their free action.

If the anterior lateral parts of the cord are crowded, we have primary lateral sclerosis. This is characterized as a distinct lesion by muscular weakness. There are also exaggerated reflexes, and no sensory symptoms.

The movements are sluggish when the nerves supplying muscles of motion are thus diseased.

These symptoms are mixed with purely Locomotor Ataxia symptoms in the condition called Ataxia Paraplegia. Hereditary Ataxia is also characterized by these combined symptoms. These different forms of spinal disease may be called ataxia where the distinctions are not clearly defined, and are called Locomotor Ataxia often by the profession.

I consider them nearly all incurable when fully established. I have treated osteopathically two well marked cases of long standing, and I have had fair success in improving the patient's condition in both cases. If the physical powers of the patient are good, there is hope of improvement. In any case Osteopathy offers the only hope for improvement. The treatment should be gentle and emphasized only in the part where the disturbance is most marked.

As to Rheumatism, I have treated many cases by Osteopathy. We expect good results in cases of well defined muscular or nervous Rheumatism of idiopathic origin. Hereditary and arthritic Rheumatism are often quite obstinate, and are liable to reappear when climatic conditions or careless habits give it a start.

I have noticed that persons who perspire under treatment for Rheumatism are cured more easily than those who do not.

Osteopathy, carefully and locally applied, will benefit nearly every

case, no matter what form of Rheumatic disease is treated.

Very respectfully,

T. K. SMITH, M. D., D. O.
San Diego, Cal., Feb. 24, 1898.



Western Opinion of the Defeated Massachusetts Medical Bill.

DR. C. E. ACHORN, Boston, Mass.

My dear Doctor:—I have just read in your Journal the proposed Massachusetts Medical Bill, and am at fever heat. It seems as if its own weight would certainly kill it, and yet it is on too possible that such a bill could be passed by influential M.D's and unnoticed by opposing interests. The Osteopathic fight has not broken out there yet and Boston is the stronghold of Metaphysicians, etc. I apprehend that this bill is largely impelled by their success. The climax of frightened greed seems to have reached in so wording a bill that a man is a law breaker who may alleviate suffering in a friend, and free that friend in grateful remembrance, receive a gift, or even worse than this, that he should even tell another of means to prevent injury or illness! Amazing concern for the public weal! "Thou shalt neither prevent thy neighbor's illness nor alleviate his suffering, if thereby thy neighbor be moved to reciprocity. Great God! what has become of the tear-stained, humiliated maiden with the waiting scales, who has hovered over court houses several generations to weigh some such proposition. Lack of patronage and the recent cold winter must have forced his resignation.

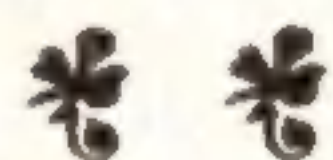
The bill seems lacking on one point to be consistent with the perjury code. The receiver of stolen goods is held as the thief, therefore if you are dealing in stolen blessings of patients ought likewise to be arrested as abetting us. Why cannot governors, legislators, and business men

be made to see the animus of a clique, who, short on beneficent discoveries, and discouraged and ashamed in the methods and results they *have* attained, find hope and safety only in wresting from others their discoveries and the fruits of their labor and research. I beg to suggest there might be a ray of light to some of the legislative powers in the placard I sent you if you could but discover the effective avenue of approach. There is an abundance of them at your command. They are being eagerly utilized by the D.O.'s going out from here.

Very earnestly yours,

F. A. CLARK.

Minneapolis, March 8, 1898.



The Defeated Medical Bill.

The Board of Registration in Medicine in this State, formulated a bill, the most drastic of any yet conceived, even that of New York, to prevent any and all healing practitioners, except the self-styled regular M.D.'s of the allopathic school, and their associates, *de conveniencie*, Homœopaths and Eclectics.

A three days hearing was given by the committee on public health, on the bill, which was presented by the Secretary of the Board, Dr. Harvey, who opened the discussion by some generalities, a few sarcasms and a due amount of patronizing advice to the committee. He made a plea, and the bill also asks for the insertion of the subject of anatomy in the examinations for registration, on the ground that anatomy is the fundamental principle of the medical profession.

This appears to be a recent discovery with this Board, or why have they not hitherto examined on anatomy? In order to impress the committee, Dr. Harvey called to his aid Dr. Sutherland of the Homœopathic School, an instructor in anatomy, to explain the need of greater efficiency in the knowledge of this subject among the students of all

three medical schools, and hence all others who should attempt to treat disease. He made a fine argument, well worthy the study of all M.D.'s. He evidently understood his subject and in view of the fight made upon his school by the Allopaths, it must be looked upon by disinterested outsiders as very complimentary action to the Homœopaths, that one of their school should be selected to present this subject; also in view of the statements of all of the speakers advocating the bill by the Board, that the students of the regular medical schools are so inclined to shirk, that with few exceptions they gained only 70 per cent. out of a possible 100 per cent rating in their examinations. Did the Board fear to trust this subject with one of their own graduates?

There were three other speakers for the bill; one of whom practically said it was the educated people only who were the strongest remonstrants to this bill and class legislation. Another, a medical examiner, addressed himself to the subject of personal liberty in the choice of physician, in a sarcastic vein, and mentioned an instance of humbugery and ignorance of the irregulars.

The last speaker, also a professor and instructor, gave his entire approval of all that had been said of this class legislation. So ended the first day's hearing. The second and third days were occupied by remonstrants, who under a regularly organized committee with Harrison Barrett as its President, by whom the public was kept well informed of the proposed efforts and intentions of the Board, and who obtained as representatives of the general public sentiments on the question the following eminent talent.

Letters by the Rev. E. A. Horton and Rev. S. H. Roblin were read, in which were discussed the rights of the people to choose that form of treatment which seemed best suited to their need.

The Rev B. Fay Mills, the progressive and popular divine of our city, ably opened the proceedings, presenting the subject on common-sense lines.

Prof. James, M.D., of Harvard, instructor of scientific pathology, whose courageous and chivalrous stand and argument should be in the hands of every one interested in this subject.

William Lloyd Garrison took the ground of personal liberty and broad educational methods.

Judge Grover wittily represented the Metaphysical Club of Boston. Leading Druggists appeared to remonstrate for themselves. Judge Hanna in a finely delivered speech stood for the Christian Scientists. Ex-Senator Kitteridge, a prominent lawyer who had been in the campaigns of 1894 and '95, on similar efforts of this Board, and who was familiar with all their attempts at this class legislation, finished the arguments, and though restricted as to time by the committee, presented the salient points of the methods resorted to by this Board.

Dr. Harvey, in closing for the bill, forsook his original position of "driving all the charlatans and irregulars off the earth" and claimed that all his efforts were in the behalf of the higher education of members of the medical profession. A weak plea, indeed, in view of his previous promises. This Bill having excited the greatest general public interest of any subject for legislation submitted at the session the committee room, the largest in the State house, was packed and hundreds were unable to obtain entrance.

The committee on coming together the next day after the hearing, quickly and unanimously disposed of the bill by giving the Board of Registration in Medicine leave to withdraw, which decision the general public heartily endorsed, and praise be to press and voice.

It is believed that this decision

has effectually put a quietus on the few pecuniarily interested M.D's who have been the active promoters of this bill.

The bright lights of the Medical profession of all of the three schools have been conspicuous by their absence in this attempted legislation.

Now to the Osteopath, the moral is easily drawn. Anatomy is a science, medicine is not. Anatomy is a fact, practice and precept the fundamental principles, while medicine, *ie.* drugs, has no place in Osteopathy.

Seeing the benefits of Osteopathy, knowing of its success, rational treatment and ready results, has awakened the M. D's to a realizing sense of their inability to reach by dosage what is so easily accomplished by a thorough anatomist; but their medical ethics, instead of acknowledging and joining with, compel them to discountenance and attempt to stamp out the progressive in the art of healing.

The mention of this bill will be found in the Boston Osteopath for February, page 24.

F. A. D.

* * Epilepsy.

We are in receipt of an interesting communication from Mr George H. Scott, a well known newspaper man and agricultural writer of the north west. Mr. Scott has a large number of influential friends who are delighted to hear that he has received such marked benefit from Osteopathic treatment.

He says:—"In answer to your request for a brief statement with regard to the beneficial results of Osteopathic treatment of my case—epilepsy,—one of the saddest afflictions that befall the human being, I will say that I have suffered with this dread malady for nearly a score of years, without relief, until coming to the Infirmary of Osteopathy at Kirksville, Mo., to try this new meth-

d of treatment. The D.O's as a rule, are called upon to treat only those patients who have resorted to every other means known to science (?), coming to the infirmary as a last resort.

"This new discovery—Osteopathy—is the science of sciences.

"I came here July 22nd and during the past eight months have been wonderfully benefited, having had but three spasms, none of which were severe, and continually becoming lighter. Previous to this for nearly a score of years I have experienced these attacks as often as once each month, and unless I was fortunate enough to fall where some good Samaritan cared for me, would be prostrated for two or three days, as I always injured myself during the convulsions when alone. I am practically cured, but will remain for a short time longer that the cure may be permanent.

"Patients here are inclined to leave too soon after obtaining relief; being so pleased with the results, they feel it a duty to herald the good news to friends who may be afflicted with some malady with which they may have been burdened since birth.

"At this Infirmary all classes of disease are treated, and in the majority of cases, relief, if not a cure, is soon effected. The most serious cases of illness are within their reach.

"It requires two years of careful and most painstaking study of this new science to become perfectly familiar with the corporeal system. The anatomy of the human body, the office of red corpuscle, vein, artery, nerve, muscle and bone; their location, and all that is required of them must be thoroughly familiar to each practitioner, who is then able to treat each disease to which the body is subject!

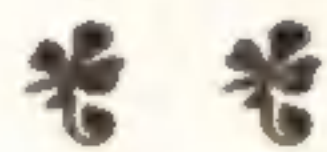
"When diagnosing a case the first work is to locate the cause, then with a perfect knowledge of anatomy, it is very easy to remove the

trouble by Osteopathic methods.

"Those patients who are not entirely cured are usually much benefited, which is more than may be expected from doctors of the Old School. Of this I am positive, having received treatment from the best in the profession with no relief, but instead growing worse from month to month. I am now happy, feeling so well,—the result of Osteopathy.

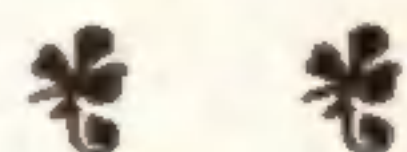
"GEORGE H. SCOTT.

"Kirksville, Mo."



Curvature of Spine.

"The Christian Evangelist, of St. Louis, in June, 1894, published the case of Eugenie D. White, the little daughter of F. C. S. White, of Centralia, as related in writing by Mrs. White herself. After ailing for about a year, the little girl quite suddenly, as the mother says, 'developed a most hideous deformity, her trouble being two bad curvatures of the spine, the lower part being curved inward, with such force as to press all of the intestines forward and upward against the ribs, crossing the floating ribs above the others, swelling the child out of all resemblance to a human form.' She was also completely paralyzed. Nine physicians examined her, saying nothing would do her any good. She was completely cured and restored to her normal shape and activity by nine weeks' Osteopathic treatment. Several months afterward she had a severe attack of cerebro-spinal-meningitis which again brought on the distortion of the spine, but a few treatments restored her to health again, and she had no further return of the malady."—*Journal*.



Every step in the direction of forcing people to employ a certain school of practice, proclaims to the world that their system is a failure.

Cystitis, Constipation, and Catarrh.

Dr. C. E. Achorn, President,
Boston Institute of Osteopathy.

Dear Sir:—

On coming to Rochester a few months ago I was called in to see an old gentleman suffering with chronic cystitis. This inflammatory trouble had existed two years, and for several weeks the urine had been thick with pus, passing little by little through the catheter. He was a man who had passed his threescore years and ten, and I must say with all my well grounded confidence in Osteopathy, I felt that the severity of this case placed it beyond any help. He knew that nothing else could help and he was determined to try Osteopathy. In two months' time the trouble had entirely disappeared.

A woman nearly fifty years old who had had a "bad stomach all her life" and been troubled with constipation, took two treatments more than two months ago and has had no trouble since. The cervical muscles were found to be very rigid and the splanchnic nerve supply greatly interfered with. Such a rapid result can not be expected every time, but a little persistence will effect a cure in nearly all cases.

A girl of eighteen with severe catarrhal condition of head and throat and with tonsils much enlarged, took three weeks' treatment in September, being entirely well ever since. She is one more who is singing the praises of Osteopathy.

I am treating a few locomotor ataxia cases with such beneficial results so far that I am encouraged to believe that they will ultimately get well. The very nature of the disease makes the progress slow, as all seems to depend upon equalizing the circulation to the cord, thus allowing the diseased tracts to build up, and nerve matter recovers slowly. In our present state of existence it is wonderful enough to cure

this dread disease in many months as it has always completely baffled the skill of the older schools.

Just at present I have several intensely interesting cases, but perhaps I have said enough for the time.

Very truly yours,

ANNA B. COLLINS, D. O.
Rochester, Minn.

**Tuberculosis of Knee Joint (so called).**

"The case of Miss Eva Smith, of San Francisco, is said to have been one of the worst cases of the kind ever brought to the Infirmary. Her trouble was the result of a fall during which she was severely injured. She was not able to walk or help herself in any way, and the slightest movement caused excruciating pains. After treatment by a number of noted specialists, she came to St. Louis, where a consultation of her case was held by Drs. Tewksbury, Bernays, and Steele. The first named pronounced her affliction tuberculosis, involving the knee joint, and advising the use of the knife. Dr. Steele did not think an operation would be necessary and encased the limb in a plaster cast. The limb was stiff and bloated, the flesh turned purple, and blood poisoning was imminent. In writing up the case the Saturday Mail says: 'Helpless and alone in this condition, she came to Dr. Still after having spent the larger part of the proceeds of the sale of a \$30,000 hotel at Butte.' Dr. Still diagnosed her case as dislocated spine, hip, and knee joint, and ordered the plaster cast taken off. At first she could endure but three treatments each month. In May, 1896, she was discharged, practically cured, needing no further treatment. In November she returned to Kirkville on a visit, sound and well, and a most enthusiastic friend of Osteopathy."—*Journal*.

Female Complaints.

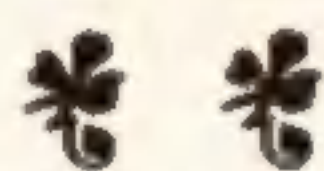
"Although medical authors and professors of midwifery are continually talking about 'relaxation of ligaments' which hold the uterus in position, as the main cause of its displacement, it is quite clear that this relaxation has nothing whatever to do with it, the yielding or elongation of the ligament itself being an effect of the displacement. The natural supports of the uterus are the vagina and abdominal muscles; if the former is greatly relaxed, the uterus will descend, and the ligaments, being kept constantly on the stretch, will finally elongate more or less; again if the abdominal muscles are greatly debilitated, they do not contract vigorously, so as to keep up equable and uniform compression in all the various positions of the body, and hence the uterus is liable to fall forward or backward, or to incline laterally; and when both are badly relaxed and debilitated, we find both conditions of displacement—falling down and tipping transversely across the pelvis.

"In corroboration of this view of the subject, we may advert to the fact that all the cases of uterine displacement met with in our practice, with the single and rare exception of such as are produced by violence, occur in females who suffer from the very circumstances which are most efficient in inducing muscular relaxation of these parts, as constipation, piles, dyspepsia, nervous debility, mis-menstruation, abortions or miscarriages, preternatural labors, etc.

"It is a well-known fact that all cases of female troubles are accompanied by a weak, lame back, and it is to this point we trace the real cause of most cases of falling of the womb and other troubles peculiar to women. Either by an accident or overwork, the muscles of the back, from the first lumbar vertebra to the last sacral, have become strained, causing a contraction and a consequent pressure on the nerves which control the organs of generation,

thus breaking the nervous current from the brain to these parts, interfering with the circulation and permitting the muscles which hold the organs of generation in place to relax. The fact that our treatment gives not only instant relief in most cases, but a permanent cure in all, if continued, is ample proof that in female complaints, as well as in all other troubles to which it has been applied, the never-failing principles of Osteopathy are as superior to the old methods of healing as electricity is superior to the tallow candle.

"The local treatment is seldom, if ever, necessary. We have noticed in our extensive practice that while adjusting the uterus gave temporary relief, cases in which no local treatment was given recovered as rapidly, thus proving that to free and stretch the muscles of the back, removing all pressure from the nerves, enabling them to gain control of the parts in question, would cause the muscles attached to the uterus to contract and draw that organ to its proper position. Immediately after the first treatment, the back will feel easier, and in a few weeks at most a complete and permanent cure will be effected. We take great pleasure in recommending this treatment to the public, it is so easily administered and so infallible."



Nashua, N. H.

The business at Nashua has increased during the past month, and it became necessary to secure permanent offices. We were fortunate in securing three suitable rooms in the new Odd Fellows Block, and we are now prepared to give patients the necessary attention.

Mrs. M. H. Moody, of Nashua, and one of our best operators, will have charge of the office; and patients can depend upon receiving the most careful attention.

BOSTON INSTITUTE OF OSTEOPATHY.

Osteopathy in Acute Cases.

BY E. A. PETERSON, D.O.

It is especially in the treatment of acute diseases that we see the most wonderful and rapid results of Osteopathy. At present the Osteopath does not come in contact with a very large share of acute practice, as his work is mostly confined to the office. Therefore it is most necessary for the young practitioner to get hold of as many of these cases as he can early in his career, because in these he can more rapidly test the underlying principles of the science and gain confidence in himself.

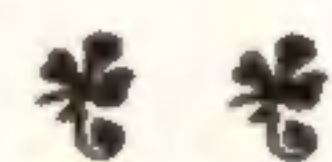
In the first place the diagnosis need not be the bug-bear it might seem at first. Ours is along entirely different lines from the old-fashioned allopathic diagnosis. There need be none of their minute differentiation into varieties of disease, each one of which requires a special remedy and is cumbered by a high sounding, mystifying name. But what is more essential is to discover what group of nerves is deranged, what channels of circulation are obstructed, what muscles are abnormally contracted and name it what common sense tells you to. Of course we must make use of all means within reach, and so it is very helpful to make note of the symptoms and classify the disease, but this is secondary.

If you can get hold of your patient in the early stages of the trouble, that is before he has lost strength, the chances are that you will bring him out in a few days. But if he has lost strength and flesh, careful nursing and dieting are as necessary in our methods of treatment as in the old. We have one great advantage, and that is we do not have to sit down and await developments to see if the scarlet fever rash will appear or the typhoid fever break out, or what not. But as soon as a person is sick, there is always something tangible which we can deal with at once. Very often

the muscles of the neck and back are tightened up. Immediate relief is experienced by the removal of the condition. The fever can be reduced easily and naturally by a method which does not impair the vitality of the patient, as do the drugs which have a paralytic action upon the heart.

In addition to the regular treatment called for by the disease it is important to remove all other irritating symptoms which appear. I treated a case of inflammation of the bowels (diagnosed appendicitis) three M. D.'s, who ordered operation) in which the patient complained at different times of swollen feet, too frequent urination, headache, pain in the neck and dryness of the mouth. All these conditions yielded to special treatment and when they were removed the patient felt better and stronger.

Treatments should be thorough and not too hasty, but care must be taken to make them light. If you exhaust your patient by severe treatment you get worse than no result at all. In fevers I have obtained the best results with a gentle but steady pressure on the vaso-motor center, and a very slight stimulation of the pneumogastrics. Many of the fevers are apt to leave bad after-effects, such as varicose veins, deafness, stiff joints, etc. These conditions must be given careful attention as the patient convalesces, and can almost always be prevented. A large percentage of chronic diseases have their origin in acute attacks, hence it is apparent how very essential it is to understand the acute, in order to successfully combat the chronic troubles.—*The Northern Osteopath.*



Osteopathy cannot make young persons of old ones, but can make life more enjoyable and relieve them of that tired feeling.

THE BOSTON OSTEOPATH.

A Monthly Magazine published by the

BOSTON OSTEOPATHIC COMPANY,

178 Huntington Ave., Boston, Mass.

Telephone—Back Bay 504.

E. ACHORN, - - - Editor.

Subscription, One Year, 50 Cents.

Six Months, - - - 25 "

Foreign countries 50 cents extra to defray postage.

Sample copies mailed upon request.

Advertising rates on application.

After April 1, The Boston Institute of Osteopathy is to have with them Dr. L. W. Roberts, of Minneapolis, Minn., who is to be connected with the different classes as one of the instructors.

Dr. Roberts is a graduate of the Northern School of Osteopathy, and we decided, after giving the matter much thought, that he is one of the most thoroughly qualified for Osteopathic work, in all its branches, of any man in the field.



We received, in February, the first number of the Southern Journal of Osteopathy. We most sincerely congratulate the publishers who have issued such an interesting magazine, which will not only be of benefit to them, but also to all who are interested in the science. Any person of intelligence who will read the articles therein must gain a comprehensive idea of what has been and may be accomplished by the Osteopathic treatments as applied to all forms of ills to which the flesh is heir. The Journal will always be welcomed at this Institute.



Dr. Irmine Z. Gunsaul, who was located for a short time in Haverhill, has gone to St. Petersburg, Fla. Mrs. Raymond, of that place, had

spent a year at Kirksville, Mo., where she became strongly interested in Osteopathy. On her return home, she found a large number of friends anxious to place themselves in the care of an intelligent physician of the Osteopathic school. She communicated with the Boston Institute, and as Dr. Gunsaul was desirous of spending a few months in Florida, it was deemed advisable to improve the opportunity, although the patients in Haverhill very much regret her departure.



"The Board of Trustees of the American School of Osteopathy have adopted the rule that hereafter no student shall be allowed to practice Osteopathy until he shall have completed the full term of twenty months. The only exception to this rule is that a student who has completed three terms of five months each may act as an assistant to a graduate of the school."—*Kirksville Journal*.



Dr. A. T. Still, wishes the *Journal* to say for him that he will cheerfully recognize any legally chartered school of Osteopathy outside of Kirksville, which complies with the requirements of the law and comes up to the standard prescribed by the American Association for the Advancement of Osteopathy. Dr. Still and the entire management of Kirksville school desire to lend encouragement to all worthy Institutions engaged in the noble work of advancing this science. They realize that while good schools in different parts of the country are needed and would do much to advance Osteopathy, there is great danger in "cheap John" diploma mills, and while ready and anxious to lend merited recognition and endorsement, the best interests of this practice require a high standard to be

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maintained. Every graduate of this school, or any other school following the course prescribed by the law, will find Dr. Still, his school and the *Journal*, the warmest friends.

Journal.



The *Journal* would like to have a correspondent in every legitimate school of Osteopathy, who would report the progress made each month. It is the desire of this magazine that the closest union of brotherly love exist between all Osteopaths. In union there is strength. We all have one noble end in view, with a common enemy to oppose, and we should work together. The *Journal* desires to become a power for good in the propagation of the science it represents, to do all in its power to aid and encourage regularly conducted schools, and to promote the success of every legitimate graduate. The *Journal's* pages are open to all such practitioners of the science wherever located.—*Kirksville Journal*.



Nerve Centres.

"Vaso-motor centres and sweat-control centers are in the spinal cord, and centres which control the nutrition of the muscles, as well as keep them tense and in readiness to contract effectively; that is, maintain tone of the muscles. The nutrition of the entire body is dependent upon the maintenance of this automatic control of the vaso-motor function, as is shown by the disorders of the skin and of the bones and joints which follow spinal injury and disease.

The influence of the cord upon the functions controlled by the sympathetic system is very great. The secretion of many of the body fluids and the control of the organs is dependent for regulation upon the connection of the sympathetic nerves with the spinal cord."

The above quotations are selected from Manning's Quiz on Physiol-

ogy, published by Lea Brothers & Co., and recognized as a standard textbook by all Medical Colleges. The Osteopath applies a rational treatment founded on the true law of life.



Grief as a Disease.

Grief is a disease, and must be treated as such. It cannot be ignored, neither can it be consoled away. It must be accepted and allowed to wear itself out. As a rule, re-adjustment comes slowly. Sorrow, grief, and the emotion caused by all great misfortunes should be regarded as akin to acute infectious diseases which can only be alleviated by the soothing influence of time as late as the sufferer convalesces from such diseases. In this class of illness, seclusion, rest, sleep, appropriate food, fresh air, sunshine, and interests that tax neither mind nor body, are required. After extreme sorrow the nervous system needs complete rest. The poison of grief is more than a name. To urge work, study, travel, the vain search for amusements, is both useless and dangerous. For a time the whole organism is overthrown, and temporary seclusion is imperative for proper re-adjustment. Recent medical observations show that the physical results of depressing emotions are similar to those caused by bodily accidents, fatigue, chills, partial starvation and loss of blood. Birds, moles, and dogs, which apparently die in consequence of capture and from conditions that correspond to human beings to acute nostalgia and a broken heart, were examined after death as to the conditions of their internal organs. It was found that the nutrition of the tissues had been interfered with, and the substance proper of various vital organs had undergone the same kind of degeneration as that brought about by phosphorus or the germs of infectious disease.—*Osteopath*.

The Respiration.

BY WARREN TAYLOR, D. O.

It is not unusual to see, in the medical Journals, articles headed,—“The Blood is the Life,”—wherein the writer seems to prove the truth of the statement.

That the blood plays a very important part in the animal economy no one will attempt to dispute; and that its free and unobstructed circulation throughout the entire system is necessary to carry on the process of waste and repair, is also an established fact; but that it is “*The Life*” has not been physiologically demonstrated.

Nor do we think it possible to furnish a demonstration of this subtle force, which, presiding over all the other forces of the body, continues to elude alike the scalpel and the crucible.

The respiration, the special function of the lungs, is so closely related to life that to say “The breath is the life,” is almost a truism.

The ancient record says, “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” Here we have the body, which certainly includes the blood, but it is with the breath that man becomes a living soul, and when the breath goes out the soul passes again into the realms of the unseen.

Again the Egyptian priests considered man as consisting of, first, a body of corporal nature, and second, the breathing impulse or life, which is further proof that the inception of the life principle is with the breath.

The physiological object of breathing is to supply the red blood globules with oxygen. To accomplish this pure atmosphereic air must be frequently and continuously introduced; an extensive surface of contact, for air and blood must exist, and the efete products of the chemico-vital interchange must be expelled.

The lungs furnish an extensive surface for the contact of blood and oxygen in the most perfect manner; being made up of minute air sacs with exceedingly thin walls, in fact their walls are formed of a net work of capillaries held together by very thin elastic tissue. The blood and air being thus brought into such intimate relation, that by the law of diffusion of gases, the oxygen from the inspired air is taken up by the blood, and the carbonic acid gas is carried away by the expiration.

We must then conclude that the circulation and respiration are so intimately associated, in sustaining life, that in the human economy it may not be said that either is of more importance than the other.

The respiratory action of the lungs is involuntary, but it may be voluntarily modified, and we regret to say, is all too frequently mechanically and arbitrarily modified by constricted and improper clothing.

The incentive to breathe is the result of impressions received by the ganglia of the medulla from the various regions of the body, which constantly demand oxygen, thence transmitted to the respiratory muscles of the throat and abdomen.

These muscles are involuntary and by the new born babe are so used; and it is their almost universal disuse, misuse and abuse by the adult to which we wish to call attention.

In looking to the literature on the subject of respiration we find the expressions, “chest breathing,” “abdominal breathing,” but nowhere do we find anything about the intercostal or rhythmical breathing.

Mrs. A. R. Aldrich, of Germantown, Penn., than whom there is no one better informed on the subject, says:—“Natural breathing is the rhythm of life,” and the writer wishes just here to acknowledge his indebtedness to this very estimable lady for information received along this line.

Rhythm is harmony, and harmony

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is constructive; hence breathing to serve the purposes of life must be rhythmical.

As a race we have departed from the natural method and have formed a habit of breathing directly contrary to nature, and as a result we are paying the penalty of an outraged law in many forms of heart and lung diseases.

Anatomists and physiologists teach that the diaphragm descends during inspiration and forces the liver, stomach, and all of the abdominal viscera down upon the floor of the pelvis, which is not designed for their support at all. The conclusion that this is correct breathing is deduced from observing the acquired instead of the natural method, and is perpetuating an error where truth should be taught.

Being so natural, so essential, and withal involuntary, most people think they understand it perfectly; and are surprised when shown that they are not breathing properly.

At least nine people out of ten have little or no power to expand the thorax laterally; as can be demonstrated by pressing on their sides with the hands, and asking them to force the hands away by muscular effort, when will be noticed little if any action of the intercostal muscles; or request them to breathe deeply, when, as a rule, they will raise the shoulders almost to the ears, protrude the abdomen, turn red in the face, and imagine that they are breathing when nothing could be further from the fact.

Let us observe the action of the breathing muscles and we shall see that intercostal respiration is not only natural but conducive to health, whilst the abdominal or up and down method wastes the vital forces and invites disease, as will be shown.

The scaleni muscles elevate and fix the first and second ribs, in inspiration, and they serve as a point from which the external intercostals

act in elevating and everting the ribs. The internal intercostals depress the ribs at the sides of the thorax, while anteriorly they raise the costal cartilages.

The infra costal, by their action, assist in raising the ribs and expanding the thorax, as do also levatores costarum

The central tendon of the diaphragm, being connected with the deep cervical fascia by the fibrous peri-cardium, cannot descend, and as the greater portion of this great muscle is attached to the inner surfaces of six or seven lower ribs and these are drawn upward and outward in inspiration, it is neither logical nor physiological to teach the descent of the diaphragm, when all the muscles of the thorax are used according to design.

This departure from nature, this acquired breathing, is brought on in childhood by fear and disappointment, and made almost permanent in adult life by rush and worry.

The respiration is short and central, using only a portion of the lungs, and leaving unused the lower intercostals, and the muscular portion of the diaphragm. As a result we have indigestion, constipation and an obstructed venous circulation, because of the inevitable displacement of all parts of the abdominal viscera, which Osteopaths recognize as one of the chief causes of disease.

Only a portion of the lungs being used, the unused portions atrophy, restricting the area for the distribution of blood, which being thrown back upon the heart, regurgitation and other valvular disturbances result; as well as the long and dreaded line of pulmonary troubles to which the unused portion of the lungs not only give rise but foster.

The abdominal viscera are wonderfully supplied with ligamentous attachments to the parietes and diaphragm, all so arranged as to connect the various organs, by a series

of supports with the deep curvical fascia. We have seen that the natural action of the thoracic muscles in inspiration is to elevate and expand the ribs, hence it follows that the lungs must expand likewise.

The deeper meaning and significance of the word gives us the idea of an uplift,—upward and outward—never downward.

We therefore conclude with logic, with reason, with good sense that is not the design of nature that the vital organs of the body be forced down one upon another with every act of respiration. But rather that they be uplifted and revitalized by that constant and gentle exercise which can be given them only by the breathing gymnasium, the design of which is to attune them to the rhythm of life.



Osteopathy in Toledo.

C. E. ACHORN, D. O.,

Editor of the BOSTON OSTEOPATH.

In response to your request of some time ago I take pleasure in giving you a brief review of Osteopathic work and results in Toledo and vicinity. In a practice where neither the advent of the Osteopath in a community, nor the nature and principles of his method of treatment are known, such a course on the part of the leading journals of Osteopathy, is both wise and liberal, and goes a great way in aiding to overcome the obstacles all practitioners are sure to encounter on first entering a community. The fact of our not having availed ourselves of the opportunities extended by Osteopathic publications, since our location here, was not occasioned by any sense of loyalty to so-called "professional ethics," but owing rather to the happy fact that Osteopathy was unusually fortunate in its introduction here in point of loyal and influential support.

In general our practice, like all Osteopaths who enjoy a reasonable pa-

tronage, covers a wide range of diseases, and to the great credit of Osteopathy be it said, our best results have been in dealing with that class of stubborn and obscure diseases which have long been regarded as incurable by all methods of treatment and which are also most likely to be regarded as especially beyond the reach of a system of treatment like Osteopathy. I refer to diseases of the interior of the head as well as diseases of all the thoracic and abdominal organs. The public is slow to realize this, and Osteopathy is obliged to win its way through sheer merit in producing results which are oftentimes little short of the miraculous. While it is true, the nature of the treatment, the fact of its being new and radically opposed to older systems, and the prejudices against any theory new, have forced Osteopathy to deal with chronic cases almost wholly, yet in my own experience with acute diseases of a diversified nature Osteopathy has produced most brilliant results, in fact, has been universally successful, not only in curing the disease, but in much less time than those attacks are usually corrected, if at all, by ordinary methods of treatment.

I will give a brief account of several cases of the more aggravated types which I have treated, both acute and chronic, showing the great efficiency of Osteopathic treatment in all forms of disease.

Disease of the Internal Ear.

As an example of how effectually Osteopathy reaches diseases on the interior of the head I will cite the case of a gentleman whom I treated at Bowling Green, Ohio, who was suffering from an aggravated form of disease of the internal ear, commonly called "Labyrinthine Vertigo," and "Tinnitus Aurium." He not only suffered from those distressing conditions but they were accompanied by racking pains.

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He had suffered from this condition four or five years, resulting from a railway accident while traveling in Canada. When I first saw him he was on the verge of insanity and could scarcely walk, his equilibrium was so affected. He was naggard, emaciated and the picture of despair. Had consulted all the prominent physicians and surgeons in the principal cities of Canada, and United States; in fact, had resorted to every known form of treatment, and was not only no better, but gradually getting worse.

From the description I gave him of Osteopathic treatment he likened it to "massage," as many others do, who know nothing of the science. He was a devoted patron of that mode of treatment for many years in Canada, as he termed it, "I fairly lived in one of those establishments where the science was practised in a most scientific manner," and he especially sought the aid of this mode of treatment for his distressing malady, but to no avail and hesitated therefore to undertake Osteopathy, which he considered similar.

At the conclusion of the first treatment, which as all Osteopaths know was a gentle affair compared to the vigorous surface manipulations of the "masseur," he remarked, "Is that all? Why, I've had that a good many years, only much more elaborately."

I merely told him that he was mistaken and told him to abide by the outcome. I had not treated him a full month before all pain, vertigo, and roaring were gone and in less than two months' time he was pursuing active business, and, so far as I know, is doing so to-day.

Acute Diseases.

We have had occasion to test the science in several cases of acute diseases, such as acute inflammation of the bowels and ovaries, inflammatory rheumatism, tonsilitis, conges-

tion of lungs, acute neuralgia, sudden heart failure, influenza, acute inflammation of the eyes, etc., all of which yielded so readily as to force the conviction that in acute diseases Osteopathy will in the future find its greatest field of applicability and merit.

The case of acute inflammation of the ovaries was that of a young lady who had suffered all night of what appeared to be an attack of acute bilious colic. I was called about six o'clock in the morning and found her vomiting and in great pain, but no fever. I went again at noon and found the conditions much the same and at four o'clock the real nature of the trouble developed. Her temperature had risen to 103 degrees she was suffering greatly. I treated her vigorously and to the point knowing then what the trouble was. I asked them to report at seven and to my great surprise she was free from pain, fever almost gone and resting comfortably. I treated her once afterward and dismissed the case.

Heart Failure.

The case of heart failure was that of a lady about thirty-eight years old, who had suffered from complete suppression of menstruation for two years. Her condition was deplorable, and when she came to me for treatment, she stated she must get relief soon or lose her mind, her head paining her so incessantly. She was treated for above conditions by Dr. Claire Gorman, of this Institute all of which was relieved by six treatments, the menstrual function being fully restored, making a marvellous change in her general health.

At a later date while I was practicing at Bowling Green, Ohio, her home, she contracted a cold during a menstrual period, which suddenly and completely checked it, resulting in an attack of heart failure, which indeed appeared serious. This oc-

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occurred while she was at the opera, and I happened to be present and with the aid of her husband literally carried her to my office, only a block away, where she gave way completely, growing numb and cold. I was obliged to treat her at first in a sitting position owing to her being unable to breathe while lying down. After a few minutes of appropriate treatment I succeeded in securing somewhat stronger action of the heart, sufficient at least, to enable her to lie down and afford me the opportunity to treat her advantageously. By applying the appropriate Osteopathic treatment vigorously, she was in a few minutes breathing easily, resting comfortably and her bodily warmth returned, and in about half-hour was able to ride to her home, some distance away. I wish to add here that she was subject to these attacks at varying intervals during the whole period of menstrual suppression, and lived in dread of their recurrence, for she never arose from her bed for several weeks every time they occurred and treated by ordinary medical care. She and her husband both took occasion to remark that the outcome was a marked contrast to that of former occasions.

Osteopathy is indeed a great success in treating the various functional wrongs of women. I have yet to record my first failure in relieving suppressed menstruation. By this I do not mean those occasional lapses, but those cases where the condition has existed for many consecutive menstrual periods — even several years.

There are many other cases of an interesting nature that I would like to furnish you, but space forbids. At some future time I may do so.

Wishing you every success in your enterprise in the East, I remain

Fraternally,

W. J. LIFFRING, D. O.

Toledo, Ohio, March 15, 1898.

Endorsement.

C. E. Achorn, D.O., President Boston Institute of Osteopathy.

Dear Sir:—

At a time when there is so much diversity of opinion among experts as to the proper treatment of disease, it is very gratifying and satisfactory to be brought in contact with a system of treating disease, which has passed the empirical stage. Such a system is that which is popularly known as Osteopathy, of recent origin, but which bids fair to work a revolution in the alleviation and cure of human suffering.

Osteopathy came first under my observation two years ago in Mason City, Iowa. I watched, as a clergyman, with deep interest the treatment of disease and noted with great satisfaction that the claims of the system were fully borne out by the facts that came under my own observation. Since then I have noted its rapid progress in public favor, in spite of great and determined opposition of what is known as the "regular profession."

Permit me here to state that it was a very great pleasure to me to visit the Boston Institute of Osteopathy on Saturday morning March 12th, and to become acquainted with the officers of the Institute. I examined the apparatus used in instructing students in Anatomy, Physiology, etc., with deep interest, and saw also several operating rooms. Students of Osteopathy, cannot if they do their work honestly, fail to go out after graduation and do most excellent work in the cure of disease and the lessening of suffering.

I can without hesitation, recommend Osteopathy to persons suffering under disease. They will find in most cases immediate help, especially as the system uses neither drugs nor the surgeon's knife.

J COCHRAN QUINN, Ph.D.

Rector St. Thomas Church, Somerville, Mass.

March 12, 1898.

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For To-Day.

On the lowest round of the ladder
I firmly planted my feet,
And looked up at the dim vast distance
That made my future so sweet.

I climbed till my vision grew weary,
I climbed till my brain was on fire,
I planted each footstep with wisdom,
Yet I never seemed to get higher.

For this round was glazed with indif-
ference,
And that one was glazed with scorn,
And when I grasped firmly another,

I found under velvet a thorn,
Till my brain grew weary of planning,
And my heart strength began to fail,
And the flush of the morning's excite-
ment
Ere evening commenced to pale.

But just as my hands were unclasping
Their hold on the last gained round,
When my hopes, coming back from the
future,
Were sinking again to the ground,

One who had climbed near the summit
Reached backward a helping hand,
And refreshed, encouraged, and
strengthened,
I took once again my stand.

And I wish — oh I wish — that the
climbers
Would never forget as they go,
That though weary may seem their
climbing,
There is always someone below.

ELLA HIGGINSON.



Osteopathy Wins.

THE IOWA LEGISLATURE GIVES IT
THE SAME RIGHTS AND PRIVI-
LEGES AS THE "REGULAR"
SCHOOL.

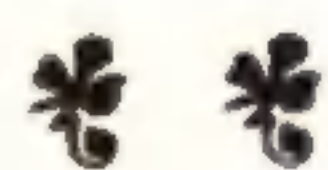
THE BILL SIGNED BY GOV. SHAW.

The faculty and students of the Northern Institute of Osteopathy, of this city, were having a considerable jollification yesterday over the, to them, happy conclusion of the fight for recognition of their science which has just closed in the Iowa legislature, having been in progress for more than thirty days.

On the 17th of March the bill

passed the House, and yesterday was passed by the Senate, and this morning Secretary Rheem received a telegram saying that the bill had been signed by Governor Shaw, which places it on the statutes. Osteopaths look on this as a great victory for their science, as the state of Iowa has been noted for the strong position occupied by the "regulars."

Iowa is the 10th state to take this action in favor of Osteopathy. The others being Vermont, North Dakota, South Dakota, Missouri, Illinois, Michigan, Colorado, North Carolina, and Kentucky, and bills are pending in several other state legislatures. The bill passed by the Iowa legislature is a good one and fully protects the people from the attacks of fraudulent representatives of Osteopathy. The course required to be taken by the students is the same as that of the medical colleges, with the medicine left out, as Osteopathy uses no medicine in its treatment.



To Winter in Arizona.

"Quite a party of distinguished patients of the A. T. Still Infirmary, accompanied by Dr. W. J. Conner, left recently for Phoenix, Arizona, to spend the winter. In the party are Governor Briggs, of North Dakota, and Col. A. L. Conger and wife. Col. Conger's case is one of considerable note. The Colonel, who is one of the most widely known manufacturers in the United States, was stricken with paralysis in Boston last January. He was brought directly to Kirksville, unable to speak or move, but so rapidly recovered under Osteopathic treatment, that early in the spring he became one of the editors of the Journal, doing much effective work for Osteopathy. The Journal and a host of admiring Kirksville friends wish him a pleasant journey and a safe return."—*Journal*.

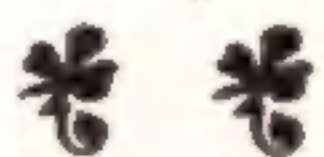
Diseases Treated.

The following is a list of the so-called diseases that have been successfully treated by this method, and in most cases after many other methods have been tried and failed.

Headache, (all kinds), Insanity, Baldness, Weak Eyes, Granulated Lids, Pterygium, Catarrh, Hay Fever, Enlarged Tonsils, Enlarged Lymphatic Glands, Goitre, Asthma, Bronchitis, Deafness, Loss of Voice, Cerebro-Spinal Meningitis, Incipient Consumption, Irregularities of the Heart, Pleurisy, Neuralgia or Rheumatism of any kind, Gout, Spinal Curvatures, (all kinds), Lumbago, Cold Extremities, Dislocations and Sprains. All kinds of Stomach, Liver, Kidney, Bowel and Spleen troubles, including Flatulency of Stomach and Bowels; Vertigo, Jaundice, Torpid Liver, Gall Stones, Dyspepsia, Constipation. Chronic Diarrhœa, Bright's Disease, Piles, Enlarged Prostate Gland, Bladder and Urethral troubles, Uterine, Vaginal and Rectal Affections, Female Irregularities, such as Painful, Suppressed or Excessive Menstruation and Leucorrhœa, Nervous Prostration, Locomotor, Ataxia, Paralysis, Atrophy, St. Vitus Dance, Sciatica, Hip Disease, Joint Disease, Stiffness of Joints, Dropsy, Eczema, Scrofula, Varicose Veins, Milk Leg, Obesity, and Emaciation. The above is the class of diseases that medicine has failed to cure. We are glad to take them because we cure about eighty-five per cent. of all we take; benefit ninety-five per cent., and fail on five per cent. Of course some wait until they have lost reactive power,—such we do not want, and frankly tell them so.

BOSTON INSTITUTE OF OSTEOPATHY,
178 Huntington Ave.

ADA A. ACHORN, D. O., Secretary.



Study Osteopathy.

There are a large number of bright men and women who would like to engage in a profession that

is not overcrowded and that offers some opportunity for an immediate income. To these people we wish to say that Osteopathy is not only a science based upon an accurate knowledge of anatomy, but an art as well. Its marvellous results are reached by scientific methods not known or practiced by any other school. Our graduates, at the end of twenty months, are well qualified to handle any disease treated by our method. After three months' practice, they have reason to expect an income of \$500.00 per month—many are doing better than this, and few not so well.

Our second class convened April 1st, 1898, but the class roster will be open during the month for further matriculation.

It is worth investigation. See prospectus of Institute on cover.

BOSTON INSTITUTE OF OSTEOPATHY,
ADA A. ACHORN, D. O., SEC'Y.,
178 HUNTINGTON AVE.



We have decided to adopt the plan now in use by nearly all Osteopaths, and for the present will make the following charges:—

Consultation Free.

No trial treatments given.

Examination, \$5.00.

(This amount will be deducted from regular charges when treatment is taken.)

Two week's treatment, (3 times per week) \$15.00.

One month's treatment, (3 times per week) \$25.00.

Payable, in every case, when treatment begins.

Treatments given outside of the office only by special arrangement with the Secretary.

Reduction made to Editors, Physicians, Clergymen, and Teachers.

Secretary can arrange for board and rooms for parties who are strangers in the city.

BOSTON INSTITUTE OF OSTEOPATHY, 178
Huntington Ave., ADA A. ACHORN,
D. O., Sec. Telephone, "Back Bay 504."

Office Hours, 9 to 12 and 2 to 4.

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PROSPECTUS

OF

Boston Institute of Osteopathy.

The course pursued will be twenty months in length. This will be given continuously. Classes will be started in April and October of each year. Second class will be open during April for further matriculation.

The Degree

Conferred will be that of DIPLOMATE IN OSTEOPATHY, and a diploma from this Institute will permit the holder to practice in any State where Osteopathy is recognized.

The Course

Will be exhaustive and thorough in every particular, and no effort will be spared to give our students the best practical Osteopathic education of any school in the country; and will embrace Anatomy, Histology, Physiology, Chemistry, Hygiene, Therapeutics, Pathology and Pathological Anatomy, Obstetrics, Theory and Practice, Clinical Osteopathy, Gynaecology, Ophthalmology, Otology, Dermatology, Neurology, and Mental Diseases.

Equipment.

No pains or expense have been spared in equipping the INSTITUTE in the best possible manner. The models and preparations used in demonstrations have all been imported from France and made to order. They are anatomically correct in every particular. Besides these, skeletons articulated and disarticulated, charts, manikins and all standard works on all subjects under consideration will be accessible to the student.

Location.

The Institute is located rather advantageously, being in Boston the educational center of America and within five minutes' walk of the great Boston Public Library, where works of reference of every description may be had by any one desiring them.

Clinical Work and Osteopathic Practice.

Our practice is large and constantly increasing, and will afford students unsurpassed advantages in this very important branch of the work. Free Clinics will be maintained. The specific treatment for each disease will be gone over thoroughly with all students.

Advantages of Location.

Graduates of this Institute are entering a comparatively unoccupied field, not only in New England, but through the East. Opportunities for locating graduates are offered us every day by our out of town patients. In this respect we think we have some advantage over the other Osteopathic Schools.

Terms.

The tuition for the full course is \$500 payable in cash or its equivalent, at time of matriculation. Reasonable time given to responsible parties for part of the tuition fees.

Night Class.

We contemplate the organization of a night class, for the accommodation of those unable to devote their entire time to the study. Persons having some spare time, will do well to investigate.

ADA A. ACHORN, D. O., Secretary.

176-178-180 HUNTINGTON AVENUE.